



May 12, 2014

Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

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RIA-JMTC Outgoing Top NCO:
Rock Island Arsenal Is the Army's Best Kept Secret: Today the Rock Island Arsenal Joint Manufacturing and Technology Center bid farewell to its highest ranking non-commissioned officer in a Relinquishment of Responsibility ceremony held in building 299 on Arsenal Island. Sgt. Maj. Ceaser Roberts, Jr., RIA-JMTC's Sergeant Major relinquished his

responsibility after serving as the factory's top NCO for nearly two years. Roberts will retire later this year at a ceremony to be held at Fort Bragg, N.C. after a career in the Army for more than 30 years. As the RIA-JMTC Sergeant Major, Roberts assisted the commander in overseeing operations of the only multi-purpose and integrated metal manufacturer in the Department of Defense. Roberts served as the primary

advisor to the commander on all matters pertaining to enlisted personnel. He also responded to the concerns of civilian employees in the organization. Roberts was unsure about Rock Island Arsenal when he first received his orders. ([More](#))



"HOME OF US ARMY LOGISTICS"

Rescue Teams Simulate Tornado

Response on Arsenal: Although business seemed calm Wednesday morning on Arsenal Island as the sun shined down on children playing at Memorial Park, more than 100 regional emergency response agencies were on hand for an annual training exercise. Crews simulated a search-and-rescue mission for 10 missing "victims" and "survivors" — manikins in this case — after a "tornado" swept through the area. "It's as close to reality as possible," said Col. Elmer Speights, Garrison commander at the Arsenal. "I get to practice my professionals here, and if it's not a communal effort in a real-life situation, we lose a lot of lives." ([More](#)) ([WHBF](#)) ([KWQC](#)) ([WVIK](#)) ([KLJB](#))



Small Businesses Gather In Quad

Cities: Business owners from across America came together for the 2014 Midwest Small Business Government Contracting



Symposium to learn about how small businesses can partner with the U.S. Army Sustainment Command and other defense logistics agencies to achieve common goals at the iWireless Center here, May 7-8. This year's theme was "Small Business, Big Success." After the opening ceremonies, Maj. Gen. John Wharton, ASC commanding general and Rock Island Arsenal senior mission commander, and Tara Barney, President and CEO of the Quad Cities Chamber of Commerce, welcomed the crowd. ([More](#))

JMC Deputy to Commander Provides Insight to Small Business

Opportunities: Patricia Huber, Joint Munitions Command deputy to the commander, provided small business owners insight to government contracting opportunities during the 2014 Midwest Small Business

Symposium held here, May 7-8. Serving in a Senior Executive Service position, Huber is the highest-ranking civilian in JMC which is responsible for the production, storage, issue and demilitarization of conventional



Upcoming Dates

May 11-17: National Police Week Observance

May 17: America's Kids Run & Adult 5K, RIA Memorial Field, 9 a.m.

May 17: Armed Forces Day Celebration, 11 a.m. - 3 p.m., Brady Street Stadium Complex, Davenport

May 17: Quad Cities Heart Walk, Government Bridge, 9 a.m.

May 17-23: National Safe Boating Week [📅](#)

May 19-23: Quarterly TAP/ACAP, Bldg. 56

May 20: HHC ASC Change of Command, Constitution Sq., 10 a.m.

May 20: Senior NCO Tenant Mtg., Arsenal Island Golf Clubhouse, 11:30 a.m.

May 21: Asian Pacific Heritage Month Observance, Bldg. 60, Heritage Hall, 1 p.m.

May 21: Explosives Safety Council Mtg, Bldg. 90, Rm. 25, 9 a.m.

May 22: Flag Placement, Rock Island National Cemetery, 4 p.m.

May 22: Garrison Townhall, Bldg. 103, Baylor Conf. Rm, 1 p.m.

May 22: Community Information Exchange, Arsenal Island Golf Clubhouse, 9 a.m.

May 22: RIA Council of Colonels/Deputies Luncheon, Arsenal Island Clubhouse, 11:30 a.m.

May 23: Military Training Holiday

May 23: DFMWR Island Time Golf Scramble, Arsenal Island Golf Course, 8:30 a.m.

May 24: City of Silvis Memorial Day Service, Hero St. Memorial, 12 p.m.

May 25: City of Davenport Memorial Day Ceremony, 2:30 p.m., Memorial Park, 39th St.

May 26: Memorial Day Holiday (*Federal Holiday*)

May 26: Rock Island National Cemetery Memorial Day Ceremony, 10:45 a.m.

May 28: RIA Prayer Luncheon, Heritage Hall, 11:30 a.m.

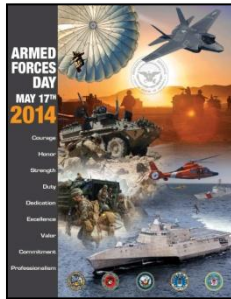
May 29: QC Honor Flights, Moline Intl. Airport



ammunition for all U.S. military services. ([More](#))

Inside the Gates: Tasty Treats & Temperamental Technology: They're not on the front lines. In fact, you may never see or hear anything about these 22 men and women, working hard on the Rock Island Arsenal. But without them, you would no doubt hear some stomachs growling on the island. At the new "Treat America Café" the choices are endless. ([More](#))

Quad Cities Armed Forces Day Celebration: Mark your calendars, the Quad Cities Armed Forces Day Celebration will be held Saturday, **May 17**, at the Brady Street Stadium Complex in Davenport. The hours of operation will be 11 a.m. – 3 p.m. It is our opportunity for the Quad Cities to take part in Armed Forces Day Celebrations being conducted nationwide. It is our goal to establish a positive display and media campaign to reach out to the community and educate them on the military and its history. The event will include participation from all of the

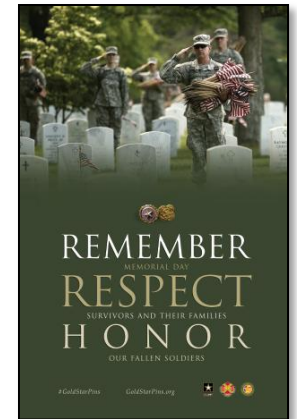


military branches, the local reserve components, military associations, veterans' organizations, and the Quad City area High Schools Junior ROTC Programs. The celebration will feature equipment displays, live performances, presentations and table displays with the opportunity to visit with members from all of our nation's branches of service, including the US Coast Guard, Civil Air Patrol and local Military Explorers. ([Poster](#))

Flag Placement: Cemetery volunteers are needed for placement and removal of American flags. The Rock Island National Cemetery is seeking volunteers to place American flags at the headstones of fallen servicemembers in honor of Memorial Day. Work to place the flags will begin at 4 p.m., Thursday, **May 22**, rain or shine. In the event of severe weather, flag placement will be 4 p.m., Friday, **May 23**. Work to remove the flags begins at 7:30 a.m., Tuesday, **May 27**, weather permitting. All volunteers need to show up inside the cemetery to receive flags and instructions. For more information, call (309) 782-2094.



Memorial Day Ceremony: A Memorial Day Ceremony will begin at 10:45 a.m., Monday, **May 26**, at Rock Island National Cemetery. There will be no parking at the cemetery for these ceremonies except for individuals who are wheelchair bound. Parking for all others will be behind Memorial Park in the large lot. Buses will be transporting people from the parking lot to the cemetery and will run 9 a.m. to 1 p.m. Visitors should arrive early to ensure enough time to park their vehicles and be transported to the cemetery. Memorial Park is located off of the main Island road, Rodman Avenue at the corner of East Street. The public must enter the Arsenal through the Moline or the Rock Island gates. Anyone more than 16 years of age must have current photo identification and vehicles may be subject to search. If anyone, over the age of 16, in a vehicle does not have current picture identification they will not be allowed to enter Rock Island Arsenal.



For more information, call (309) 782-2094.

Coming Back With Wes Moore: As part of WQPT's "Embracing Our Military" initiative, we will host a special preview screening of "Coming Back With Wes Moore," followed by a panel discussion featuring local veterans. The event will be held at the Waterfront Convention Center on Thursday, **May 29**, 12-1:30 p.m., and will engage the community in a discussion on some of the most difficult questions related to returning from war. This event is free and open to the public. Light refreshments will be served. In the series, which will air in three parts on WQPT, Moore takes viewers with him into the personal lives of different soldiers as they attempt to reintegrate into society, establish new identities and—for many—find a new mission. Each episode focuses on a different stage of coming home: "Coming Back" (**May 21**), "Fitting In" (**May 28**) and "Moving Forward" (**June 4**).

RIA 2014 Prayer Luncheon: There will be a Spiritual Resiliency Event held in Heritage Hall, Bldg. 60, Wednesday, **May 28**, 11:30 a.m. – 1 p.m. The special guest speaker will



be Brig. Gen. Charles Bailey, 24th Deputy Chief of Chaplains of the United States Army. There is no cost to attend, but you must have a ticket and register in [TEDs](#). Tickets are available at any chaplain's office. POC: [Staff Sgt. Gene Lucas](#) at (309) 782-1116.

Rock Island Arsenal NARFE Service

Center: The National Active and Retired Federal

Employees Retiree Service Center located in Bldg. 56, Room 105, on Arsenal Island will be closing effective **May**

30. The center has been staffed by volunteers from the NARFE, Illinois Blackhawk Chapter #338 and the Iowa Davenport Chapter #279. Even though the physical office space will no longer exist, we will continue to provide NARFE members, their families and survivors with assistance in contacting the Office of Personnel Management concerning benefits and programs, such as civil service annuities, survivor benefits, life insurance, income tax-withholding from annuities and health insurance, and other important programs, such as Medicare, Social Security and veterans' benefits. We have several volunteers willing to help you, but initially you may contact one of the



following to assist you with these issues. POCs: • Illinois Blackhawk Chapter #338, [Linda Bass](#), H: (309) 949-3819, C: (309) 235-7340; • Iowa Davenport Chapter #279, [Mary Strassburger](#), (563) 349-9697.

VIOS Schedule for June: Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **June 10, 11, and 12** (Note changes to previous April dates). Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the VIOS site for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the RIA



VIOS website. 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

ASC/AMC "Best Warrior"

Competition Notification: ASC is conducting the ASC/AMC NCO and Soldier of the Year "Best Warrior" competitions at Rock Island Arsenal **June 23-26** (ASC) and **July 28-31** (AMC); in order to recognize and showcase the best Soldiers in the ASC/AMC. The competition will consist of critical thinking skills testing, performance-based and hands-on evaluations. The competition will test each competitor's Army aptitude via an Army physical fitness test, board interviews, a written exam, essay writing, day and night urban orienteering, a rifle proficiency range, a mystery event, and warrior tasks and battle drills. The competitors will be moving in and around the Island 5 a.m. – 11 p.m. daily during the scheduled events. Please be aware that the warrior task and battle drill lanes originate

around the Arsenal test track and include use of simulators and blank ammunition firing. The urban orienteering events require Soldiers to move through unrestricted areas throughout the Island. This announcement is intended to inform you of the circumstances of these competitions and reduce any confusion in the Soldier activities that you may witness during these time frames.

Personal Employment Verification – an Employee's Responsibility:

Garrison HR has recently been receiving calls (multiples each day) from financial institutions requesting verification of employment. Many of these calls are not even in reference to Garrison employees. However, it seems this may be a good time to remind folks that verification of employment is actually the responsibility of each employee for themselves. Human Resources offices are no longer able to provide information to requestors (financial institutions or others). [This link will get you to the instructions for accessing verification of your employment to be used in any situation requiring this.](#)

AUSA Annual Golf Outing: Save the date -- the 2014 Rock Island Arsenal Chapter of the Association of the US Army will once again have its annual

golf outing "A Round For Our Soldiers" on **July 17**, at 12 p.m., at the Arsenal Island Golf Course. Proceeds support Soldiers, civilians, families, local chapter activities, and the Army Emergency Relief Fund.

Blood Drives: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room

(First Floor, Bldg. 60), on **Friday, May 16, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail

SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on Aug. 22**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on May 16 & 23**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. In addition, DMC is hosting a blood drive at Bldg. 350 on **June 5**. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))

Charlie Corpuscle asks, "How many units of blood were donated for patients at our local



hospitals through blood drives held on Arsenal Island in 2013?"
Answer: 969. FYI – Each of those donations can touch the lives of as many as four patients in need!

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

Improve Your Speaking, Listening

Skills: Esprit de Corps Toastmasters meets on the 1st and 3rd Wednesday each month at the Clock Tower Building from 11:45 a.m. to 12:45 p.m. Bring your lunch. The mission of a Toastmaster club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth. Join us! Let me know if you're coming so we can welcome you. Come to the main entrance to the Clock Tower building, pick up the phone (located on the wall of the entryway) to gain access and we'll escort you to the club meeting. ([More](#))

Commissary, TRICARE Adjustments Needed to Retain Readiness, Senators Told:

Told: Slowing the growth of military pay and housing allowances, reducing commissary subsidies and adjusting TRICARE costs will save \$31 billion over the next five years and enable readiness to be maintained, senior leaders told lawmakers. "First, we are not advocating direct cuts to troops' pay," said Army Chief of Staff Gen. Ray Odierno, Tuesday, at a Senate Armed Services Committee hearing on military compensation. ([More](#))

New Undersecretary Highlights Value of Service, Sacrifice:

As a youngster growing up in a small town in the Midwest, Brad R. Carson recalled talking to other kids about their hometown hero who joined the Army and went off to war in Vietnam and received the Medal of Honor posthumously. "It was an impactful thing," he said. "I looked up at that example and it was something I aspired to." ([More](#))

Phased Retirement Is in Regulation

Limbo: It's been almost two years since a law allowing phased retirement for federal employees has been on the books. But the program is still in limbo because the Obama administration has

yet to issue final regulations on its implementation. The Office of Personnel Management issued a proposed rule in June 2013 outlining the new option for eligible federal employees who want to partially retire, collecting prorated pension payments and working part-time for the government. The so-called phased retirement provision, included in the 2012 transportation reauthorization act, allows eligible federal employees to work 20 hours per week, receiving half their pay as well as half their retirement annuity. ([More](#))

Arsenal Island Employee Local

Discounts: *The following discounts are exclusively available to Arsenal Island employees – Visit **Yankee Candle** at **Northpark Mall** to receive great discounts. All Arsenal employees receive \$15 off any \$35 purchase when you show your Island badge, show your military ID for an extra 10 percent off every purchase. Plus come see the new Man Candles including this year's new scent camouflage. Offer ends **June 1**.*
Sears Automotive, NorthPark Mall: Military discount of 7% off for all members of the military, active, reserve, and retired military with military ID; applying to name brand products, automotive services & labor; \$20.99 oil



change; and \$69.95 wheel alignment.

Peachwave Frozen Yogurt:

Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount everyday to all military and veterans.

The Slice: Right off the Moline Bridge exit, is offering \$2 off their pizza buffet with drink to Rock Island Arsenal workers.

Double Tap Firearms:

Double Tap Firearms offers a 10 percent firearm discount and \$15 firearm transfer fee in Illinois to active duty and retired military personnel in the QCA

(📍). **Bennigan's Rock Island:** Arsenal employees, service men, service women you are always welcome at Bennigan's in Rock Island, and to show you how much your welcome here, we offer a 25 percent discount off your meal, any day any time (📍).

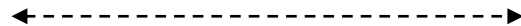
New Life Chiropractic Clinic:

Arsenal Island employees, we're offering you a 20 percent discount on our services (📍).

Goebel Family

Dentistry: Active duty members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit (📍).

This information is included for general workforce interest and does not constitute endorsement of the businesses or products.



Arsenal Traffic/Construction



Geophysical and Geotechnical Survey for Arsenal Housing Project in Late May or Early June:

An Army Corps of Engineers' contractor is scheduling a Geophysical and Geotechnical Survey at RIA for the FY15 Army Family Housing construction project sometime between **May 19** and **June 13**. The surveys involve ground radar, drilling soil borings, and loud noise. During the survey, areas may need to be closed to public access for safety purposes. These areas may include Whittemore St., Durnin Ave., Davenport Dr., parking lots north of Durnin Ave., areas around the garden plots and the playground and pavilion east of the Davenport House, and areas adjacent to Bldg. 312. The general area is depicted on the drawings, mainly the enclosure of the yellow lines and the immediate area near the west yellow line. Barricades, caution tape, and/or signs will be used to warn and detour pedestrians and motorists as needed.

Upcoming Parking Lot Closures for Gas Line Installation:

Beginning **June 2**, the Directorate of Public Works will need to close parking lots and roads on the Arsenal so a new gas line can be

installed. The closure will affect Chestnut Avenue (south of B145), Lot 1K, Lot 1L and Lot 1LL. Barricades and signage will be placed. Closures are as noted: • Lot 1LL will be closed to all parking **June 2-21**, no POV or service vehicles will be allowed to park in this area; • Lot 1L will be closed to all parking in the west three complete rows **June 2-21**. Entrance to the lot from 2nd St. will not be allowed; • Lot 1K will be closed to all parking from 2nd St. to B144 **June 2-21**. This includes all POV and service vehicles; • Chestnut Ave. will be closed to all thru traffic exiting into or from 2nd St. **June 2-21**; • Entrance off of 2nd St. to B145 will be closed to all traffic **June 2-21**; • All green space areas along with sidewalks in area along 2nd St. from Beck to South will be subject to excavation and will be closed **June 2-21**. Note: Schedule may change in case of inclement weather.

Parking Lot 0J and Lot 3K Repair:

Effective April 28, the Directorate of Public Works resumed work on repair of parking lots 0J and 3K, located north of buildings 60, 62, 360 and 390. The overall repair includes replacement of the asphalt paving and installation of curb and gutter on the north and south sides of Lot 0J and repaving of the south half of Lot 3K. Work will be



completed in a three phased approach to minimize the effect on traffic flow and parking. Signage and safety barriers will be positioned at appropriate locations. Project is scheduled to be completed by **Sept. 1**. The attached drawing shows the phases for the project.

Future Ft. Armstrong Construction:

In the upcoming construction season, Rock Island Arsenal will be performing work on the intersection of Ft. Armstrong Drive and Rock Island Drive. This work will result in a full vehicle closure for the Installation's Rock Island Gate and Rock Island Viaduct, as well as restricting vehicles crossing the Government Bridge to "Installation-only" traffic. The American Discovery Trail will remain open. Construction is expected to last approximately two months, barring major weather delays. The exact construction start date is currently unknown. However, we have been coordinating with external agencies in an effort to minimize impact to the surrounding communities.

Reconstruction of River Drive from 19th Street to 23rd Street in Moline:

The Illinois Department of Transportation is planning the reconstruction of River Drive from 19th Street to 23rd Street in cooperation with

the City of Moline. This work will be performed in preparation for the replacement of the 1-74 Mississippi River Bridge and will provide connection points along River Drive for the future interchange ramps. The proposed project consists of full removal of the existing roadway in this area and replacement with new concrete pavement. In addition, new lighting, sanitary and storm sewers, water main, and a recreational path will be constructed throughout this section. In order to complete this work it will be necessary to close River Drive to traffic during the construction effort. The closure will be in effect from Sept. 8 to **Dec. 5**. The interchange of 1-74 with River Drive will also be closed during this time, but will reopen following the completion of this work. We have made every effort to limit the timeframe of the work so as to reduce inconvenience to you and your customers. Detour routes will be signed to ensure that motorists can access local businesses effectively.

Building/Space Closures

Door Closure, Bldg. 102: The Directorate of Public Works has closed the Bldg. 102 west door on Rodman Ave. until further notice. The stairs

leading to the door were determined unsafe. A project is funded to make repairs and the door will be reopened after the stairs are repaired. Signs, barricades, and caution tape are posted to warn pedestrians and prevent access.

Active Duty/Reserve Zone

Military Kids Camp: Unplug and join us for a fun-filled week of summer camp adventures at Camp Abe Lincoln, the Quad Cities premiere overnight camping facility for youth; for children of military service members, **Sunday, June 29 - Friday, July 4**, at Camp Abe Lincoln, Blue Grass, Iowa. Would you like to live in a cabin and enjoy traditional camp activities-swimming, hiking, horseback riding, campfires and much more? Then this camp is for you! This special Military Kids Camp week is open to all youth and teens ages 8-16 whose parent, sibling or other close relative serves in the military, active, Guard or Reserve. Kids will also enjoy special activities just for military kids - hands-on workshops, Military Day hosted by the Illinois National Guard, Zoom Albums, and more. [Fill out an application by May 30 HERE.](#)



Improved Scheduling Process at Rock Island Arsenal Health Clinic:

Effective **May 19** a new improved scheduling process will go into effect for all

*service members who

receive care at [Rock Island Arsenal Health Clinic](#).

All service members and their family will be seen by appointment only.

There will no longer be sick call hours. This will allow the providers to see three additional appointments per day, giving the clinic an additional 30 appointments per week. You will no longer need to wait for others to be seen before you; you will have an appointed time. If you are sick, [you can use the online appointment booking option to schedule an available appointment](#) or you can call at 7 a.m. to (309) 782-0805 and be given a same-day appointment. If you try to [book online](#) and there are no appointments available, you will need to call the clinic and speak with a medic or nurse who can triage and give you a time when you can be fit in. Routine appointments will begin at 7:20 a.m. every day for those who like the convenience of an early morning appointment. This will also allow us to schedule an appointment with your assigned PCM, a MEDCOM directive.



*This change will also increase access for family members as there will be more appointments available each day.

Introducing Open Access Scheduling:

As of **June 1**, when you go online to schedule your appointments, you will have two choices; EST (established) or OPAC (open access). EST appointments are for us to book into and OPAC are for you to book into. Appointments can be made via TRICARE Online (TOL) or you can call us. If you try online to make an appointment for the same day and there is nothing available, call us, request to speak with a nurse or medic and we will find a time to fit you in. Each day, there are 13 OPAC appointments available with each provider (in addition to the EST appointments). This method of scheduling gives us the greatest flexibility and allows us to offer appointments the same day versus being bound by the appointment types that existed in the past. The goal is to do today's work today and to see you when you want and need to be seen. The way this works is that at midnight, the appointment slots are "released" for booking. The benefits of this is that 1) you have a better opportunity to be seen closer to the time you want to be seen instead of us only having five

appointments left for the day thereby dictating the time, 2) we will have fewer no shows and cancellations, again making it easier for you to get an appointment since most people who call the same day come in for their appointment. All appointments are 20 minutes in duration; keep this in mind when scheduling. If you have 10 problems that need addressing, you may need to address them in two or three appointments. There are two types of appointments that should not be booked online-PHAs and PAP smears for females, these need additional time and will be booked in the EST slots. Clinic phone number for appointment scheduling (309) 782-0805.

AUSA 5th Region Training: AUSA is hosting a dinner during our annual AUSA training, Friday night, **May 16**, at the Arsenal Club, Former Sergeant Major of the Army Kenneth Preston is the key note speaker. Dinner starts at 7 p.m., \$25 per plate. The Rock Island Chapter of AUSA would like to personally invite all Rock Island Arsenal Soldiers to attend. It's a great opportunity to be up close and personal with a former SMA. Dress is business casual or military uniform (ACUs is acceptable) Sergeant Major of the Army Kenneth Preston was sworn in as the



13th Sergeant Major of the Army on Jan. 15, 2004. SMA Preston has held a variety of leadership positions throughout his career ranging from cavalry scout to command sergeant major. As Sergeant Major of the Army, Preston serves as the Army Chief of Staff's personal adviser on all enlisted-related matters, particularly in areas affecting Soldier training and quality of life. He devotes the majority of his time to traveling throughout the Army observing training, and talking to Soldiers and their Families. He sits on a wide variety of councils and boards that make decisions affecting enlisted Soldiers and their Families and is routinely invited to testify before Congress. ([link to register](#))

National Military Appreciation

Month: Congress designated May as National Military Appreciation Month in 1999 to encourage the nation to publicly demonstrate their appreciation for the sacrifices and successes made by the service members. The declaration summoned U.S. citizens to observe the month in a symbol of unity, to honor the current and former members of the Armed Forces, including those who have died in the pursuit of freedom and peace. ([More](#))

Pet Vaccination Clinic: The Great Lakes Veterinary Services Clinic will be hosting a pet vaccination clinic at the Rock Island Arsenal Fire Station on **June 19**, 1–6 p.m. and **June 20**, 8–11 a.m. [Visit HERE](#) for more info on prices. Services Offered Include – Feline: • FIV/FeLV Test • Vaccines – Rabies, FVRCP, Leukemia • Flea & Tick Prevention • Microchipping; Canine: • Heartworm/Lyme Test* • Vaccines – Rabies, DAPP-L, Bordatella, Lyme • Flea, Tick & Heartworm Prevention • Microchipping. ([Flyer](#))



Bix 7 Road Race 40th Anniversary: Ed Froehlich, race director of the Bix & Road Race, has informed the community that this year's race will be free to all active duty military. The race is on **July 26** in Davenport. Download registration at bix7.com/2014/registration-info/. Must pick up packet in person and show military ID. The 7-mile road race is annually held during late July, in the streets of downtown Davenport. The race was founded in 1975 by John Hudetz, a resident of Bettendorf, Iowa. After competing in the 1974 Boston Marathon, Hudetz was inspired to bring the excitement to the Quad-Cities with a

race of his own. The inaugural race had a field consisting of eighty-four runners. Today the race is often run by 12,000 to 18,000 runners. ([More](#))

Safety Spotlight

Army Safety Online Tools and

Initiatives: The U.S. Army Combat Readiness/Safety Center provides Soldiers, leaders, civilians and family members multiple online tools that reinforce the principles of risk management and help preserve readiness through accident prevention. The Army will continue to provide effective risk mitigation tools for Soldiers, civilian employees and their family members. All online tools are continually updated to reflect regulatory changes and current risk mitigation strategies. ([More](#))

May is Motorcycle Awareness Month:

The "Start Seeing Motorcycles" campaign is underway statewide. Starting today and throughout the rest of the riding season, motorists will be reminded to "Start Seeing Motorcycles" in an effort to help keep motorcyclists safe. Changing the driving habits of motorists and motorcyclists alike will help decrease the number of motorcycle fatalities and injuries in crashes.



Motorcyclists are reminded to make sure that they are visible to motorists, and that they strictly follow the rules of the road. To learn more about the Start Seeing Motorcycles campaign, [please visit HERE](#).

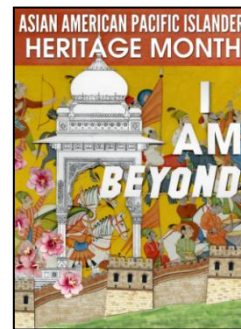
Motorcycle Riding Courses: The USAG Safety Office is offering Motorcycle Riding Courses for military personnel. The motorcycle rider training program is certified by the Motorcycle Safety Foundation. The courses are designed to help riders manage their risk and increase their skills through riding and classroom instruction. Per DODI 6055.4, DOD Traffic Safety Program, military personnel who operate motorcycles must be appropriately licensed to operate on public highways and must have successfully completed an approved rider or operator safety course meeting the MSF-based State-approved curriculum. Any military member operating a motorcycle on or off Rock Island Arsenal must be in possession of a MSF card when they ride to verify completion of required training. The approaching motorcycle training courses are scheduled as follows: • Basic Motorcycle Riding: **June 10-11** (two 8-hour days) • Experienced Rider Course: **June 12** (one 8-hour day) Registration for either

course is through the web-based AIRS system at <https://apps.imcom.army.mil/AIRS>. Each course size is limited to 12 riders. If you need further information please contact either [Nancy Carlson](#) or [Michael Chaplin](#) via phone extension 782-1380.

Equal Opportunity Focus

Asian American Pacific Islander Heritage Month Observance:

The 2014 RIA Asian American Pacific Islander Observance will be held on **May 21**, 1-2 p.m., at Heritage Hall, Bldg. 60. The guest speaker for the observance will be Mat Matsuda from Knox College, a professor who has invested years in Asian studies. He is excited about promoting education to our Soldiers, sailors, airmen, Marines, coast guardsman, DA civilians and contractors of the Rock Island Arsenal. This year we recognize the challenges faced by Asian Americans, Pacific Islanders, and Native Hawaiians and their vital contributions to the American story. This year's theme "I Am Beyond"



speaks about the many sacrifices Asian Americans and Pacific Islanders have endured along the way. On May 2, 1978, a joint congressional resolution established Asian/Pacific American Heritage Week. The first 10 days of May were chosen to coincide with two important milestones in Asian/Pacific American history: the arrival in the United States of the first Japanese immigrants on May 7, 1843, and contributions of Chinese workers to the building of the transcontinental railroad, completed May 10, 1869. In 1992, Congress expanded the observance to a month-long celebration. For additional information or accommodations please contact [Sgt. First Class Marion C. Wilson](#), equal opportunity advisor, ASC, (309) 782-3021. ([More](#)) ([StandTo!](#))

Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook, or Twitter [@golf1897](#), and stay up to date on all the great MWR offerings here at the Arsenal.



Morale, Welfare, Recreation

Customer Survey Rolls Out: Does your base fitness center need new equipment? Do you want more recreational traveling opportunities? Do you think there aren't enough recreational opportunities for single service members, or do you think there are too many? You have your chance to make a difference by answering the Defense Department's Morale, Welfare and Recreation Customer Satisfaction Survey, which will be arriving in service members' email boxes starting today. "The surveys are going out via email to individual active duty and reserve-component service members," said Carol Potter, the senior program analyst for the Morale, Welfare and Recreation office here. ([More](#)) ([Info](#))

Fitness Center Begins Summer Hours of Operation:

The Fitness Center will be closed on Sundays from the period of **May 25 through Aug. 31**. Hours of operation for all other days of the week remain unchanged. Please call the Fitness Center at (309) 782-6787 for more info or questions.

America's Kids Run: Mark your calendars for the America's Armed Forces Kids Run, **May 17**, at Memorial Field, right here on Arsenal Island. This

is open to the public, so please be sure to share this event with all your friends and family. We will have a variety of races for children ages 3-13 years old. There will be a 100-yard dash for three to four year olds, a 1/2-mile run for five to six year olds; a one-mile run for 7-8 year olds, and a two-mile run for 9-13 year olds. These are all for fun, and are not timed. The first 200 people registered are guaranteed a t-shirt and an award. The race will begin at 9 a.m. Race cost is \$5. We will also have family activities after the race. [Register HERE](#) or call (309) 782-0511 for more information. ([Flyer](#))

Adult Softball League: Get your team together and get signed up for this year's co-ed adult softball league. Registration packets are due by Tuesday, **May 20**. League games will be played on Monday nights. League fees are \$420/team. There will be a captain's meeting on **May 21** at 4:30 p.m. in the Fitness Center. Call (309) 782-5124 for further information. ([Flyer](#))

New Hoist Reservation Policy

Effective at Auto Shop: The FMWR Auto Skills Facility began offering vehicle hoist reservations May 1, for the first hour of business. Standard operating procedures are as follows:

Auto Skills will designate two automotive hoists available for reservation 1-4 post drive on and 1-2 post location TBD at time of reservation and subject to change without notice. Reservation must be made in person with a \$10 non-refundable fee due at time of reservation. Reservation will be held for the first hour of business only. If check in is not applied within that hour the hoist will be opened for the next patron requesting hoist needs with no refund. Normal hoist fees will be in addition to reservation fees. In the event of reservation forfeiture, fees will not be refunded or applied for future use. For questions/concerns please contact: [James Mettlin](#), Auto Skills Facility Manager at (309) 782-8631.

MWR Garden Plots: The MWR Garden Plots are now ready for planting by registered users. There are still several plots available. To sign up for a plot come to Outdoor Recreation in Bldg. 333. For more info please phone (309) 782-8630. ([Flyer](#))

MWR Leisure Travel Office



Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is



closed for lunch from 10:30–11 a.m.,
(309) 782-5890. ([email](#)) ([website](#))

FMWR's 1st Nationwide NASCAR Race Bus Trip:

Leisure Travel/Auto Shop have seats available for the bus trip to the Iowa Speedway in Newton Iowa. Bus will depart from the Auto Shop at 6:30 a.m. please arrive early for refreshments compliments of the Auto Shop. ½ stop to and from the Iowa Speedway. You are allowed to bring a small cooler. Cost of trip is \$69. ([Flyer](#))
Date: **Sunday, May 18**
Time: **6:30 a.m.**

Island Time Golf Scramble: Spring has finally arrived in the Quad Cities and what better way to usher in the new season than playing in our Island Time Golf Scramble on Friday, **May 23**, at 8:30 a.m. Get your Hawaiian shirt, straw hat and Bermuda shorts and three friends and sign up today for this spring break themed, four-person scramble. There will be heavy hors d'oeuvres and island drink specials in the clubhouse after the tournament. There will also be lots of great prizes including TV's, grills, movie tickets, golf rounds and much more. Cost is just \$65/player (\$55 for annual pass holders). Call the golf shop at (309) 793-1604 to reserve your spot or for more info. ([Flyer](#))

Rich Homie Quan: Leisure Travel has general admission \$37 and VIP \$52 tickets to this event. Rich Homie Quan will be performing at the Mississippi Valley Fairgrounds.
Date: **Saturday, May 31**
Time: **7 p.m.**

MWR 2014 Yard Sale: MWR Leisure Travel is taking reservations for tables for this year's yard sale. \$5 per space (10 x10 with one picnic table) There will be sales at Memorial Field and in housing. Arsenal Attic will be open that day. MWR outdoor grill will be available for food.
Date: **Saturday, June 7**
Time: **8 a.m. - 2 p.m.**

Lincoln Park Zoo/Museum Bus Trip: Drop offs at the Museum of Science & Industry, at the Museum Campus (Shedd Aquarium, Field Museum, Planetarium) and at Lincoln Park Zoo. Admission to Museums on own. No general admission at Lincoln Park Zoo. Cost is \$41 per person. Limited seats available.
Date: **Saturday, June 28**
Time: **6:30 a.m.**

Taste of Chicago/Navy Pier: Join us for one of the most popular bus trips Leisure Travel offers every year.

Dropping off at the Taste of Chicago or Navy Pier. Choice is up to you. Admission to Taste of Chicago is free. Cost is \$41 per person. Limited seats available.
Date: **Saturday, July 12**
Time: **6:30 a.m.**

Circa 21: Fiddler on the Roof: Never has any other musical so magically woven music, dance, poignancy, and humor into such an electrifying and unforgettable experience. Songs such as "If I Were a Rich Man," "Sunrise Sunset," "Tradition" and "Do You Love Me?" are in part responsible for making this one of the greatest works of the American musical theatre. Discounted seats on sale until **June 28**.
Date: **Saturday, July 12**
Time: **5:45 p.m.**

Reserving Heritage Hall, Caisson Room, Arsenal Club: The Leisure Travel Office has taken over the calendar for bookings in these facilities. If you have reserved through Sheridan's for future events please contact the LTO to confirm your reservation is on the calendar. To reserve these spaces, contact the Leisure Travel Office at (309) 782-5890.



QC River Bandits: MWR Leisure Travel has discounted game vouchers for any 2014 home game. Vouchers are redeemable at the QC River Bandits box office.

Six Flags Great America, Gurnee, Ill.: The Leisure Travel Office has received the 2014 one day admission tickets \$45. We will also have season passes \$81 and parking passes \$24 available.

Walt Disney Military Promotion

Tickets: Disney has renewed the Armed Forces Salute for yet another year. The offer will run **Sept. 29, 2013 – Sept. 27, 2014**. Qualified individuals may purchase up to a maximum of six theme park tickets during the period. Four-Day Park Hopper tickets \$169 Four-Day Water Park & More tickets for \$169 Four-Day Park Hopper tickets plus the Water Park & More option for \$198, **April 13** (no theme park or water park use) **July 4** (no Magic Kingdom use) Please allow three weeks for ticket arrival when ordering.

Davenport Cinemark 53rd 18 + IMAX

Theatre: Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas

and RAVE cinemas) These tickets have no restrictions or expiration date.

Child, Youth & School Services



CYSS In-Service Day: The Child Development Center, the CD Home, Family Child Care Homes and the School Age Center will be closed for In-Service Day on Friday, **May 23**. Fees for this day will not be reduced, refunded or prorated. Department of Army maintains a strong commitment to training and career growth. The secret of a high quality, well- run program for children lies in the training of its personnel. This day is set aside annually for staff to participate in required training and appreciate them for their hard work and dedication. Training is essential to ensure that each child is receiving quality care. Training allows staff to learn about current knowledge and research of child development and early childhood education. Training opportunities ensure teachers have the time to revisit policies and procedures designed to maintain a safe and developmentally appropriate environment. Staff are revitalized through networking with others and sharing ideas. Thank you for your

continued support and strong commitment to our programs and staff. If you have any questions regarding this closure day, please contact your specific program director.

Opening of Creative Arts Academy:

In the Fall of 2014, Davenport Community Schools will open the Creative Arts Academy of the Quad Cities, housed in community arts facilities throughout downtown Davenport and supported by arts partners from across the Quad Cities. The Creative Arts Academy will offer experiences in five disciplines based on participants interests, including Communications and Media Arts, Dance, Music, Theatre and the Visual Arts. In its first year, the Creative Arts Academy will serve three audiences: 1) a first cohort of 6th graders; 2) Dream students (high school juniors and seniors aspiring to careers in the arts) and 3) the general community. Incoming 6th grade students and Dream students will be required to audition into the program, but community offerings and workshops will be open to all.

Date: **Monday, Aug. 11**

Army Community Service (ACS)

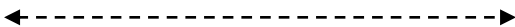




ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here.](#) 24/7 Sexual Assault Hotline: (309) 229-8412



Military Spouse Fun Night: Calling all military spouses! Come on over Tuesday, **May 27**, at 6 p.m., to the Army Community Service/USO office (Bldg. 110, 1st floor southeast wing) to relax with this fun group of spouses and have fun while doing so. This social event provides the opportunity to meet other spouses, share experiences, learn from other's experiences, make new friends, find babysitters, and network. Our snack dinner will be "Walking Tacos" with refreshments hosted by the USO. All military spouses are welcome, male or female! (Just to clarify this is a spouse only group, not couples.) For more info please call/e-mail: (309) 782-4736 or (309) 782-1455, Janice.n.saito.civ@mail.mil or Linda.m.robertson.civ@mail.mil ([Flyer](#))



Employee Assistance Program



For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

Children's Mental Health Awareness – May 2014: Suicide among youth is a reality, and it is more common than we might think. Suicide is the third leading cause of death among 15 to 24 year olds, claiming more lives than any single disease or condition. Fortunately, the emotional crises that so often precede suicides are both recognizable and treatable, and good prevention tools can help parents identify a problem before it's too late. In honor of National Children's Mental Health Awareness Week, May 4-10, the Rock Island Arsenal Employee Assistance Program invites you to take advantage of the free and confidential counseling services that the program has to offer. Schedule an appointment with an EAP counselor by calling (309) 782-4357. Master-level

counselors can provide information, short-term counseling, and referral services. The teenage years can be tumultuous – new relationships, decisions about the future, and even physical changes can be difficult to handle. If you have any concerns about your child's mental health, talk it over with a trained professional at the EAP. Warning signs of suicide: Call 9-1-1 or seek immediate help from a mental health provider if you notice the following:

- Someone threatening to hurt or kill him/herself, or talking of wanting to hurt or kill him/herself
- Someone looking for ways to kill him/herself by seeking access to firearms, available pills, or other means

Seek help by contacting a mental health professional or calling 1-800-273-TALK for a referral should you notice anyone exhibiting one or more of the following:

- Hopelessness
- Rage, uncontrolled anger, seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Feeling trapped - like there's no way out
- Increased alcohol or drug use
- Withdrawing from friends, family and society
- Anxiety, agitation, inability to sleep or sleeping all the time
- Dramatic mood changes
- Excessive interest, talk, or writings focused on death, dying or



suicide • No reason for living; no sense of purpose in life.

Assertiveness Training: Do you want to learn strategies to communicate effectively and to enhance yourself personally and professionally? Sign up for Assertiveness Training. Classes will be offered **June 10, July 8, Aug. 12**, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1st Floor, Room 122. Sign up in [TEDs](#) (key word 'assertiveness') or call (309) 782-2552 to reserve your spot. Sponsored by: Employee Assistance Program

Time Management: Do you feel that there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for more fun? Sign up for a Time Management class. Classes will be offered **June 24, July 22, Aug. 26**, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1st Floor, Room 122. Sign up in [TEDs](#) (key word 'Time Management') or call (309) 782-2552 to reserve your spot. Sponsored by: Employee Assistance Program

PTSD Support Groups: You don't have to go through this alone. The Rock Island Arsenal Health Clinic and

Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

Grief Support Group: Grieving? We can help. The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group meets on Tuesdays, 3-4 p.m., Bldg. 56, 1st Floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

Smoking Cessation Group: Spring is finally here! What better time to kick the habit. The Employee Assistance Program offers an ongoing educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 56, 1st Floor, East Wing.

←-----→

Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday.

Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

St. Ambrose University Lunch & Learn:

St. Ambrose is hosting informative lunch-n-learn sessions to learn how you can take advantage of special tuition rates. In support of our military and civilian personnel on the Arsenal, St. Ambrose offers special pricing at a fraction of the regular tuition rate for MBA students, **June 4**, Bldg. 56, Room 116, 11 a.m. - 12 p.m., or 12 p.m. - 1 p.m. A light lunch will be provided. Priority will be given to military personnel. RSVP today to reserve your seat. Call (563)333-6170 or leonardmichelem@sau.edu. The Garrison POC is Michelle Beck, (309) 782-0965, michelle.p.beck.civ@mail.mil.

Is Graduate School a Good Option for You?:

What opportunities could a master's degree provide? How do you get started in the process? Amy Mossman, interim director of the Liberal Arts and Sciences Program at Western Illinois University, will be joined by alumna Brandy Meyer to talk about applying to graduate programs, tips for the application process, and specific options and opportunities in the Master



of Liberal Arts and Sciences Program at Western. Please join us on Thursday, **June 5**, 11 a.m. or Noon. [Lunch will be provided so please RSVP](#) by close of business Tuesday, **June 3**.

Commissary / Exchange

☪
The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Exchange 'Buddies' Receive Exclusive Offers: Facebook, Twitter and even your inbox. The Army & Air Force Exchange Service is making it easier than ever for shoppers to exercise their

Exchange benefit via the Internet. The Exchange's Buddy List enables military shoppers to be among the first to find out about exclusive savings, promotions, events and special offers at their local Exchange. ([More](#))

Your Commissary Is Blooming With May Specials: From Cinco de Mayo to Memorial Day, commissary shoppers will find great deals on top-quality, low-priced food to fit their lifestyle and outdoor activities this May. "Spring is a great time of year to clean off the grill and take advantage of great commissary prices on fresh choice grade-A beef, pork and chicken," said Randy Chandler, DeCA's sales director. "We've even got great deals on our fresh fish." DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries in May to offer discounts beyond everyday savings. ([More](#))

Exchange to Honor Vietnam Veterans with Virtual Wall of Gratitude and Remembrance: As Armed Forces Day and Memorial Day draw near, the Army & Air Force Exchange Service will honor Vietnam War veterans by giving shoppers a chance to share memories and stories of sacrifice with a virtual Wall of Gratitude and Remembrance.

"The Wall of Gratitude and Remembrance will give Exchange shoppers a special opportunity to express sincere thanks to Vietnam veterans for their valor or to share their own stories of service," said Exchange Chief of Staff Col. Tom Ockenfels. "The virtual wall will have a worldwide reach, uniting veterans and their loved ones through messages of peace and respect." ([More](#))

Commissary Rewards Card Now Offers Android App: Commissary Rewards Card users can now download an Android app to access and clip digital coupons. Available free from the Google Play Store, the Commissary Rewards Android app joins the previously released iPhone/iPad app, giving commissary shoppers access to their rewards card accounts through a vast array of smart phones and tablets. "Now with apps for both operating systems, our patrons have more flexibility on when and where they can clip coupons, review their lists of downloaded coupons and track which ones have been redeemed or expired," said Marye Carr, the Defense Commissary Agency's rewards card manager. The apps also let customers connect to the nearest commissary via phone numbers and addresses. And, just like accessing their



accounts from a desktop computer, Commissary Rewards Card users can always be plugged into new promotions and contests customized for them. ([More](#))

Arsenal Archive

Information for the *Arsenal Archive* is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

Rock Island Arsenal Historical Society: June Meeting Information:

The Rock Island Arsenal Historical Society will have its monthly meeting at 6 p.m. on Thursday, **June 5**, in the Veranda Room of the Arsenal Island Golf Clubhouse. The menu will be a tossed salad with bread sticks, marinated sirloin, sweet corn, twice baked potatoes, rolls, and a Chef's Choice dessert, all prepared by the Golf Club kitchen, \$14, including tax and tip. This event is open to both members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. Guest

speaker will be Robert Van De Voorde, from the Quad Cities Civil War Roundtable. He will discuss General James Ewell Brown "Jeb" Stuart's 1863 ride in the Gettysburg Campaign and the possible impact of the ride on the outcome of the Battle of Gettysburg. For reservations call Monica (563)-650-4349 or Linda (563) 355-6165 or email chiicaliinda@aol.com. Reservations are due by noon on Monday, **June 2**. Cancellations must be made by the reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at (309) 782-3518.

This Week in Rock Island Arsenal History – May 12-18:

Col. Thomas Baylor was appointed commanding officer of the RIA on May 12, 1886. On May 15, 1832, Black Hawk and his braves defeated state volunteer troops in a battle that has become locally known as Stillman's Run. This battle ended any opportunity for a peaceful settlement to the dispute. RIA began manufacturing .30 cal. Springfield rifles on May 18, 1904. This was the beginning of small arms production at the RIA.

Healthbeat



Medical Cost Avoidance Model Demonstrates Value of Prevention:

The U.S. Army Public Health Command agrees with Ben Franklin that "an ounce of prevention is worth a pound of cure." This is especially true when it comes to preventing disease, injury and disability to active-duty Soldiers. As budgets shrink, it is more important than ever to demonstrate the health impacts of new military equipment or modifications to current equipment, but this requires objective data to make informed decisions. The USAPHC Health Hazard Assessment Program has developed the Medical Cost-Avoidance Model--a series of tools that can help demonstrate the cost of failing to prevent adverse health consequences. ([More](#))

Improved Scheduling Process at Rock Island Arsenal Health Clinic:

Effective **May 19** a new improved scheduling process will go into effect for all *service members who receive care at [Rock Island Arsenal Health Clinic](#). All service members and their family will be seen by appointment only. There will no longer be sick call hours. This will allow the providers to see three additional appointments per day, giving the clinic an additional 30 appointments per week. You will no longer need to wait for



others to be seen before you; you will have an appointed time. If you are sick, [you can use the online appointment booking option to schedule an available appointment](#) or you can call at 7 a.m. to (309) 782-0805 and be given a same-day appointment. If you try to [book online](#) and there are no appointments available, you will need to call the clinic and speak with a medic or nurse who can triage and give you a time when you can be fit in. Routine appointments will begin at 7:20 a.m. every day for those who like the convenience of an early morning appointment. This will also allow us to schedule an appointment with your assigned PCM, a MEDCOM directive. *This change will also increase access for family members as there will be more appointments available each day.

Introducing Open Access Scheduling:

As of **June 1**, when you go online to schedule your appointments, you will have two choices; EST (established) or OPAC (open access). EST appointments are for us to book into and OPAC are for you to book into. Appointments can be made via TRICARE Online (TOL) or you can call us. If you try online to make an appointment for the same day and there is nothing available, call us, request to speak with a nurse or medic and we will find a time to fit you in.

Each day, there are 13 OPAC appointments available with each provider (in addition to the EST appointments). This method of scheduling gives us the greatest flexibility and allows us to offer appointments the same day versus being bound by the appointment types that existed in the past. The goal is to do today's work today and to see you when you want and need to be seen. The way this works is that at midnight, the appointment slots are "released" for booking. The benefits of this is that 1) you have a better opportunity to be seen closer to the time you want to be seen instead of us only having five appointments left for the day thereby dictating the time, 2) we will have fewer no shows and cancellations, again making it easier for you to get an appointment since most people who call the same day come in for their appointment. All appointments are 20 minutes in duration; keep this in mind when scheduling. If you have 10 problems that need addressing, you may need to address them in two or three appointments. There are two types of appointments that should not be booked online-PHAs and PAP smears for females, these need additional time and will be booked in the EST slots. Clinic

phone number for appointment scheduling (309) 782-0805.

2014 Women's Health Month: The Army recognizes May as National Women's Health Month. Army Medicine (AMEDD) seeks to raise awareness, educate, and empower women to make their health a top priority and encourage them to take steps to improve their physical, mental, emotional and spiritual health. Sleep, activity, nutrition, regular checkups and preventive screenings are paramount in improving one's health. ([More](#))

TRICARE Tip of the Week –

Understanding Urgent Care: When unexpected medical care is needed, especially after hours, on week-ends, during holidays or traveling outside of the Prime Service area, it can be difficult to know what type of care you need and where to go. Urgent Medical Care is non-life threatening, limb or eyesight, but needs attention to prevent it from becoming a risk to health. Your Primary Care Manager is your best resource for deciding where and when to get care. Steps to take: Contact your PCM to see if you can be seen. If your PCM or family doctor cannot provide care on the day you called, you will be directed to use a local network urgent care provider.



Make sure that a referral is in place for the urgent care provider otherwise you could be subject to a point of service or an out of pocket expense. When an unexpected medical care is needed after hours, on week-ends, during holidays or traveling outside of the prime service area, contact Health Net Federal Services to obtain an authorization or reference number at (877) 874-2273. Make sure you receive the authorization or reference number before hanging up with HNFS otherwise you might receive an out of pocket expense. Have A Great Tricare Day! – US Army Health Clinic Rock Island Arsenal

Notes for Veterans

Statement by VA Secretary Shinseki on Allegations Regarding the Phoenix VA Health Care System: Secretary of Veterans Affairs Eric K. Shinseki made the following statement on the allegations regarding the Phoenix VA Health Care System: “We take these allegations very seriously. Based on the request of the independent VA Office of Inspector General, in view of the gravity of the allegations and in the interest of the Inspector General’s ability to conduct a thorough and timely review of the Phoenix VA Health Care System

(PVAHCS), I have directed that PVAHCS Director Sharon Helman, PVAHCS Associate Director Lance Robinson, and a third PVAHCS employee be placed on administrative leave until further notice. ([More](#))

Carpooling Announcements

Submit carpooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

Did You Know?: The [AMTBP \(Army Mass Transportation Benefit Program\)](#) is a program where Army employees can qualify for up to \$130 in reimbursements for use of mass transportation (to include van pooling). ([More](#))

Carpool:

- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to

contact me at (309) 782-1078 (TTY). ([Email](#))

- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call (309) 782-5472.
- **Carpool:** New hire with flexible hours seeking to pay for ride from Moline 9th & 53rd, (Franklin School area) (309) 757-5755.

Around the Q.C.

May 16: AUSA 5th Region Training (Arsenal Island Golf Course Clubhouse) *Guest Speaker SMA (ret) Preston, guest speaker at the Arsenal Golf Course Dining Room*
May 17: Quad Cities Armed Forces Day Celebration, 11 a.m. - 3 p.m. (Brady Street Stadium Complex, Davenport)
May 17: [5th Annual You Were Made for This 5K](#) (Young Life, Moline)
May 17: [Livefit With Lupus Run 5K](#) (LeClaire, Iowa)
May 17: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
May 26: [49th Annual Quad Cities Criterium](#) (Village of East Davenport)
May 31: [Color the Quads 5K Run & Kids Fun Run](#) (Cumberland Square, Bettendorf)
June 3-7: [Quad Cities Senior Olympics](#) (Rock Island)
June 6-7: [Rhubarb Festival](#) (Aledo, Ill.)
June 6-7: [22nd Annual Gumbo Ya Ya](#) (The District, Rock Island)
June 7-8: [QC Pridefest](#) (Downtown Davenport)



June 12: [Hot Rod Magazine Power Tour](#) (Isle Casino Hotel, Bettendorf)

June 12-15: [19th Annual Rally on the River](#) (Centennial Park, Davenport)

June 13: QC Military Gala – Army Birthday Ball (Quad Cities Waterfront Convention Center, Bettendorf)

June 14: [Run for the Hills XC 5K](#) (Crow Creek Park, Bettendorf)

June 14: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

June 14-15: [Juneteenth](#) (LeClaire Park, Davenport)

June 15: [30th Annual Ride the River Bike Ride](#) (Downtown Davenport)

June 16: [12th Annual YSB-Whitey Verstraete Memorial Golf Outing](#) (Pinnacle Country Club, Milan, Ill.)

June 17-21: [145th Annual Rock Island County Fair](#) (Rock Island County Fairgrounds, East Moline)

June 21: [Inaugural Micro Brew Mile & 6k Road Race](#) (Moline)

June 21: [Royal Ball Run For Autism 5K](#) (Milan, Ill.)

June 21-22: [2nd Annual Quad-Cities Amputee Golf Outing](#) (Arsenal Island Golf Course)

June 22: [Blossoms at Butterworth](#) (Deere Family Homes, Moline)

June 27-28: [Greek Cultural Fest](#) (Assumption Greek Orthodox Church, East Moline)

July 3: [Red, White & Boom!](#) (The District & Downtown Davenport)

July 3-5: [30th Annual Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)

July 4: [Firecracker Run & Parade](#) (East Moline)

July 4: [Bettendorf Old-Fashioned 4th of July](#) (Bettendorf)

July 7-13: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)

July 8-13: John Deere Classic Military Special (TPC Deere Run, Silvis, Ill.) *There will have a AUSA military hospitality Tent on Sunday on the 15th Green, free admission to the JDC with a military ID card*

July 10-12: [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)

July 12: [Case Creek Obstacle Run 5K](#) (Coal Valley, Ill.)

July 12: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

July 16: [5th Annual High Five Tour](#) (Davenport)

July 17: [AUSA Annual "A Round For Our Soldiers" Golf Outing, at 12 p.m.](#) (Arsenal Island Golf Course)

July 25-26: [43rd Annual Street Fest Presented by the MVRBC](#) (Downtown Davenport)

July 26: [41st Annual Quad-City Times Bix7](#)

July 29-Aug. 3: [95th Annual Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)

July 31-Aug. 3: [43rd Annual Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)

Aug. 2: [British Auto Fest](#) (LeClaire, Iowa)

Aug. 7: [2nd Annual Freedom Run 5K](#) (East Moline, Ill.)

Aug. 7-9: [Great Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)

Aug. 8-9: [22nd Annual Ya Maka My Weekend](#) (The District, Rock Island)

Aug. 9: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

Aug. 9-10: [28th Annual Quad City Air Show](#) (Davenport Airport, Mount Joy, Iowa)

Aug. 15-16: [10th Annual River Roots Live & Rockin' Rib Fest](#) (LeClaire Park, Davenport)

Aug. 16: [Floatzilla](#) (Sunset Marina, Rock Island)

Aug. 22-24: [World Series of Dragracing](#) (Cordova Dragway)

Aug. 23: [Silvis Home Run 5K](#) (Shadt Park, Silvis, Ill.)

Aug. 30-31: [Rock Island Grand Prix](#) (Downtown Rock Island)

Sept. 1: [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)

Sept. 5-21: [East West Riverfest](#) (Various QC Locations)

Sept. 6: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)

Sept. 6: [¡Viva! Quad Cities](#) (Isle of Capri, Bettendorf)

Sept. 6: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)

Sept. 6-7: [Beaux Arts Fair](#) (Downtown Davenport)

Sept. 13: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

Sept. 19-20: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)

Sept. 20: [15th Annual WQPT Brew Ha Ha](#)

Sept. 20-21: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)

Sept. 28: [17th Annual Quad Cities Marathon](#)

Sept. 26-28: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)

Oct. 4: [Night of the Running Dead 5K](#) (Davenport)

Oct. 4: [GiGi's Super Hero Run](#) (Bettendorf)

Oct. 11: [Trinity Quad Cities Classic Regatta](#) (on the Mississippi River in Moline)

Oct. 11: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

Oct. 12: [Apple Fest](#) (Downtown LeClaire, Iowa)



Oct. 23: [Fright Night](#) (The District, Rock Island)

Oct. 25: [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)

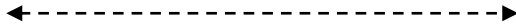
Oct. 25-26: [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)

Nov. 22: [Festival of Trees Parade](#) (Downtown Davenport)

Nov. 22: [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)

Nov. 22: [Holiday Pops Concert](#) (Downtown Moline)

Dec. 7: [19th Century Christmas](#) (Butterworth Center, Moline)



Island Insight



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